

BOSIA STUDENT DELEGATION FIRST AID MEDICATION GUIDELINES

TO PARENTS AND DELEGATES: Please read carefully and understand the use of any medications that you carry with you.

Immunizations: See information in the form you will take to the medical provider. All childhood immunizations should be up to date—especially **Hepatitis A, Tetanus, MMR and Varicella. Typhoid** immunization is recommended (either orally or parenteral). **Malaria** prophylaxis and **yellow fever** immunization are not recommended by the CDC for travel to Ometepe. **Rabies** series is not routinely recommended, is at discretion of parent/guardian. Consider if more extensive travel to low resource countries anticipated.

Each student must take responsibility for his/her own health and well-being while traveling. This includes, but is not limited to avoidance of potentially contaminated food and water, sun and heat protection, adequate fluid intake, insect protection, adequate rest, compliance with any regular medications, avoiding risky behavior and following general travel safety rules.

Chaperones have a copy of “Lonely Planet—Healthy Travel, Central and South America,” copies of health and medically relevant information on trip participants, common sense, and the ability (not necessarily emergently) to consult with the accompanying health care professional. In addition, basic health care and pharmacies are rarely more than 2 hours away. Telephone contact for advice can usually be made more quickly than that. Health care facilities on Ometepe can provide IV fluids and some medications. For Xray or more acute services the student would need to be transported off-island. Evacuation insurance is provided.

NOTE: In the event of pregnancy risk chaperones carry:

- a. Levonorgestrel 0.75 mg: 2 tablets as soon as possible, 89% effective up to 5 days in preventing pregnancy, more effective if given earlier

It is recognized this is a sensitive topic. BOSIA’s position is that we will always encourage and support communication between the student and parent/guardian. Our first responsibility is student health and safety. We are bound by WA state law which states that confidential treatment and parental consent is not legally required for:

- emergency medical services, which may be provided to a minor at any age
- minors over age 14 may give own consent for STI testing and treatment
- minors over age 13 may consent to mental health treatment
- minors of any age may consent for pregnancy (and abortion-not applicable for Ometepe) services

<https://depts.washington.edu/hcsats/PDF/guidelines/Minors%20Health%20Care%20Rights%20Washington%20State.pdf>

We recommend students carry the following unless there is a contraindication.

PRESCRIPTION DRUGS:

1. ORAL ANTIBIOTICS for Traveler’s Diarrhea:

a. **Azithromycin** 250 mg: (Alternatives are single dose/short course levofloxacin/ciprofloxacin, although these have 2016 FDA box warnings for other uses. Rifaximin has also been used. Trimethoprim/sulfa is NOT effective in traveler’s diarrhea.)

--4 tablets as single dose or 2 tablets/day for 3 days for severe or persistent **diarrhea** or if travel is necessary (especially if fever, blood in stool, dehydration from diarrhea, more than 4 stools/day). If severe seek medical care.

2. VOMITING:

Ondansetron oral dissolving tablets (ODT) (Zofran) 4 mg: 1 tablet placed under tongue every 6-8 hours, let dissolve. Begin oral hydration with sips of safe fluids 15-30 minutes later.

SPECIAL PRESCRIPTION DRUGS --if in provider's judgment is indicated, not available on Ometepe.

1. ASTHMA/WHEEZING/ALLERGIC REACTION with SHORTNESS OF BREATH:

Albuterol inhaler: 1 puff (remove cap, hold opening 2 fingerbreadths from mouth, exhale, push down on can and inhale as puff released.). Wait 1- 2 minutes then repeat. Use as often as needed to control wheezing/cough. Usual dose is 2 puffs every 4 hours, but may use more often if needed. Seek care for significant respiratory distress. May cause a feeling of jitteriness, faster heart rate. (Not dangerous).

2. SEVERE ALLERGIC REACTION (Swelling of lips/mouth/tongue/airway, difficulty swallowing or breathing, wheezing, sudden redness of skin and itching/hives, often accompanied by anxiety):

Epinephrine:

a. (Epi-Pen 0.3 mg). Student should also carry diphenhydramine (Benadryl).

- Instructions on package. Open and remove device.
- Form a fist around the Epi-Pen. Hold vertically. With other hand remove blue lid, orange tip down.
- Hold at 90 degrees to outside of thigh, push orange tip hard against outside of thigh for 10 sec. until you hear a click. OK to inject through clothing.
- Massage area to distribute medication. There will be some liquid left in the device.
- Give 50 mg (2 tablets) of oral diphenhydramine .
- Seek medical care.

b. Generic Adrenalick: lower cost alternative to Epi-Pen. Instructions for use are different than for Epi-Pen, make certain that student and chaperone review in advance of trip.

3. Other regular prescription medication(s)

OVER THE COUNTER MEDICATIONS (parent/guardian to obtain for student):

1. PAIN/FEVER:

a. Acetaminophen (Tylenol) 500 mg: 1-2 tablets every 4-6 hours, not to exceed 4 gm (8 tablets)/day. Be aware that many "combination" over-the-counter medications contain acetaminophen.

b. Ibuprofen (Advil, Motrin): 200 mg: 1-4 tablets every 6-8 hours for pain. **Do not use for fever if there is any concern of dengue infection.**

2. ALLERGY, ITCHING, BUG BITES, HIVES, RUNNY NOSE (Antihistamines):

a. Non sedating antihistamine. Examples (generic name listed first): **Loratadine/Claritin** (10 mg once a day), **Cetirizine/Zyrtec** (10 mg once a day) **or Fexofenadine/Allegra** (60 mg twice a day).

b. 1% Hydrocortisone cream: to use on skin as needed for itching

3. DIARRHEA

Loperamide (Imodium) 2 mg: 2 tablets with first diarrheal stool, may repeat with 1 tablet after next loose stool. Maximum dose 16 mg/day, but if diarrhea is this severe seek medical care. If not improving in 24 hours or if travel imminent without access to bathroom, consider giving antibiotics. Loperamide decreases stool frequency, but does not make infection resolve more quickly as antibiotics do. **DO NOT USE** if FEVER or BLOODY DIARRHEA.